

Happy New Year!

Wow I can't believe it is already 2019! This year sure did fly by. I hope that for the most part you all had a wonderful year, I know I sure did! When I think of a New Year I think about New Year resolutions. I have never been one to set New Year resolutions and if I did set a New Year resolution I would probably not stick to any of them. I looked up the most popular resolutions and here is what I found:

- Get in shape/lose weight
- Enjoy life to the fullest
- Spend less, save more
- Spend more time with family and friends
- Get organized
- Learn something new
- Travel more
- Eat at home more
- Reduce stress
- Get more sleep

I also found some funny New Year's resolutions:

- Stop drinking orange juice after I just brushed my teeth
- Stop licking frozen flag poles
- Only get divorced and remarried once this year
- Watch more movie remakes
- Go back to school to avoid paying my student loans
- Only eat white snow
- Spend less than \$1825 for coffee at Starbucks this year
- Claim all my pets as dependents on my taxes
- Eat more fruit...snacks

I hope 2019 brings many laughs and memories. Have a Happy New Year!

Happy Times

January 2019



Happy New Year!

The year is now 2019! Happy New Year! As we ring in another new year here at The Meadows we also like to say farewell to 2018 and remember all the residents that blessed us during 2018 but are no longer here.

TO THEIR HEAVENLY HOME:

Marcella Wacker, Laverda Kruger, Harlan Prauner, Eleanor McIntosh Gladys Rosberg, Mary Kruse, Julia Webster, Margaret Nuesch Dorothy Munson, Barb Emory Ginger Tillson, Zelda Anderson

TO OTHER RESIDENCES:

Elberta James, Don Zimmer, Marj Scholl, Gail Axen, Myron Moats, Bob Mines, Betty Low, Helen Pochop, Walter Rauss, Kathy Welsch, Norma Schlote

As you look over the list, think of these neighbors and friends and remember all the wonderful memories we shared with them. Those who have moved away would appreciate a card or letter. Have a Happy New Year and I look forward to memories 2019 has to offer as we celebrate our 30 year anniversary here at The Meadows. With new assisted living suites and a new memory care wing and a new look, we all have so much to look forward to! Happy New Year for all of us!

The Meadows

a *Nyc* Health Services campus

500 South 18th Street
Norfolk, Nebraska 68701

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themeadowsseniorliving.com






Jan Nixon
Mary Jane Osborne
Dalene Herley
Jenna Mireles
Steve Pendergast
John Rice
Marla Miller
Gene Frisch
Chaplain Ed Felgate
Deb Sohl

Administrator
Director of Nursing
Director of Administrative Support
Director of Life Enrichment
Director of Culinary Services
Director of Maintenance
Director of Environmental Services
Director of Transportation
Pastoral Care
Beauty Shop

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January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Happy New Year!!! 	8:00 Shopping 9:00 Fun & Fitness 10:00 Shopping 10:30 Coffee & Coloring 1:00 Shopping 1:15 APT Bingo 1:15 AL Dominoes	9:00 Fun & Fitness 11:30 Lunch Bunch Culvers 1:30 Blackjack 2:30 Grace Lutheran Service	8:00 Shopping 8:45 1st Fri Communion 9:10 Fun & Fitness 10:00 Shopping 10:00 Christian Video Series 1:00 Shopping 1:30 Trivia 2:15 Snacks	1:15 Cards 4:00 Wellness Clinic
10:45 Catholic Communion 2:00 Church 4:00 Wellness Clinic	9:00 Fun & Fitness 10:30 Dept. Head Meeting 1:15 AL Bingo WEEKDAY BINGO	8:00/10:00/1:00 Shopping 9:00 Fun & Fitness 10:15 Women's Coffee 1:30 Movie & Snack Elvis's Birthday Pajama Day Pedicures	8:00 Shopping 9:00 Fun & Fitness 10:00 Shopping 10:30 Coffee & Coloring 1:00 Shopping 1:15 Apt BINGO 1:15 AL Dominoes	9:00 Fun & Fitness 9:00 Manicures 10:00 1st Presbyterian Comm 1:30 Snowflake Making 7:00 Bingo for All	8:00 Shopping 9:00 Fun & Fitness 10:00 Christian Video Series 10:00 Shopping 1:00 Shopping 1:30 Pitch	1:15 Cards 4:00 Wellness Clinic
10:45 Catholic Communion 2:00 Church 4:00 Wellness Clinic	9:00 Fun & Fitness 10:00 Our Savior Luth. Service 10:30 Dept. Head Meeting 1:15 AL BINGO	8:00/10:00 Shopping 9:00 Fun & Fitness 10:00 Catholic Comm Service 10:15 Women's Coffee 1:00 Christ Luth Serve 1:00 Shopping 2:30 Happy Hour	8:00/10:00/1:00 Shopping 9:00 Fun & Fitness 10:30 Coloring & Coffee 1:15 APT Bingo 1:15 AL Dominoes 2:30 Maintenance Party Maintenance Day	9:00 Fun & Fitness 10:30 Men's Coffee 1:30 Craft 4:45 Out to Eat	8:00 Shopping 9:00 Fun & Fitness 10:00 Shopping 10:00 Christian Video Series 1:00 Shopping 1:30 Horse Racing National Hat Day	1:15 Cards 4:00 Wellness Clinic
10:45 Catholic Communion 2:00 Church 4:00 Wellness Clinic	9:00 Fun & Fitness 10:30 Dept. Head Meeting 1:15 AL Bingo 7:00 Bingo for All Martin Luther King Jr	8:00 Shopping 9:00 Fun & Fitness 10:00 Shopping 10:15 Women's Coffee 1:00 Shopping 3:00 Hymn Fest Pedicures	8:00 Shopping 9:00 Fun & Fitness 10:00 Shopping 10:30 Coffee & Coloring 1:00 Shopping 1:15 APT Bingo 1:15 AL Dominoes	9:00 Manicures 9:00 Fun and Fitness 1:30 Yahtzee Nat'l Clothes Clash Day	8:00 Shopping 9:00 Fun & Fitness 10:00 Shopping 10:00 Christian Video Series 1:00 Shopping 1:30 Summer Party	1:15 Cards 4:00 Wellness Clinic
10:45 Catholic Communion 11:00 Soup R Art 2:00 Church 4:00 Wellness Clinic	9:00 Fun & Fitness 10:30 Dept. Head Meeting 1:15 AL BINGO	8:00 Shopping 9:00 Fun & Fitness 10:00 Shopping 10:15 Women's Coffee 1:00 Shopping 2:00 Hot Apple Cider Social	8:00 Shopping 9:00 Fun & Fitness 10:00 Shopping 10:30 Coffee & Coloring 1:00 Shopping 1:15 AL Dominoes 1:15 APT Bingo 2:30 Sound Off	9:00 Fun & Fitness 10:30 Craft 1:30 New Resident Coffee		

Pedicures:
Juliette the pedicure lady will be here every 2nd and 4th Tuesday of the month. They are \$25 and she will go to your apartment and do them for you ☺ make sure to watch the board to sign up. Thank you.

Birthdays

- 1/3 Frances Dietz
- 1/10 Lois Hinzman
- 1/10 Ray Volk
- 1/11 Fern Koch
- 1/15 Betty Shambley
- 1/18 Dorthy Kathol
- 1/21 Arllys Hansen
- 1/23 Mary Dittrich
- 1/23 Ginny Johnson

Staff Birthdays

- 1/4 Ting Scheinost
- 11/8 Karen R Johnson
- 1/16 Dee Kaup

Welcome To:

- Helen Finkral
- Virginia Langenberg
- Joletta Mejstrik

Farewell To:

- Walter Rauss
- Ginger Tillson

Cheers to a New Year and another chance for us to get it right. - Oprah Winfrey